Tips for Adding Meat to Your Child's Meals

MEATS AND PROTEIN FOODS are needed for protein and iron, which help your child grow, heal, and prevent iron-deficiency anemia. Use the following tips to add meat and protein to your child's diet.
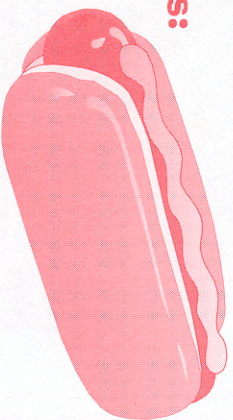
Down-size:
* Make servings small — cut sandwiches into four triangles or squares or use cookie cutters to make other shapes.
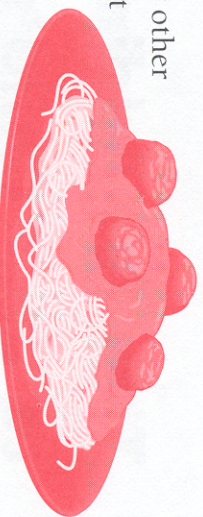* Use small buns for hamburgers or sloppy joes.

Use Easy-to-Chew Meats:
* Chicken, turkey, ham, or ground beef are more tender cuts of meat.
* Ham, tuna, egg, and chicken salad are easy to chew.
* Serve low-fat hot dogs or braunschweiger once in a while.
* Meatloaf and casseroles are easy to eat.
* Cook with a crock pot or slow cooker.
* Simmer roasts with tomatoes.

Add Meat to Favorite Dishes:
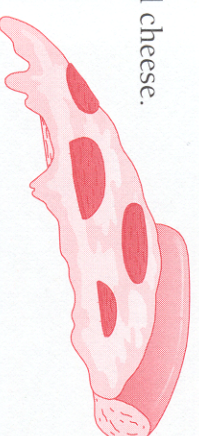* Add ground beef or other small pieces of meat to macaroni and cheese.
* Put meat in soups or stews.
* Serve meatballs or meat sauce with pasta.

Other Meat-Meal Ideas:
* Pizza with ground beef and cheese.
* Stir-fry with chicken, beef, or pork
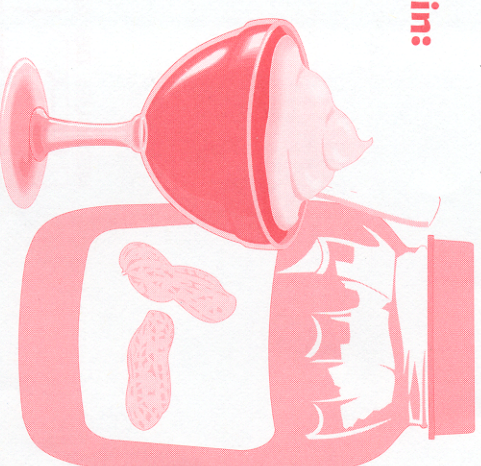* Grilled sandwich with a slice of meat and cheese

Add Some Frills:
* Make interesting shapes with cookie cutters.
* Serve colorful side items like fruits and vegetables.
* Add ketchup or mustard smiley faces.
* Try fun pasta shapes — shells, wheels, etc.

Other Kinds of Protein:
* Macaroni and cheese
* Dried beans or peas
* Peanut butter
* Nuts (after age 3)
* Tofu
* Eggs

Add Meat and Protein at Snacktime:
* Ham slices and cheese on crackers
* Peanut butter on celery or crackers
* Hard-boiled eggs
* Pudding